



DEPARTMENT OF THE ARMY
 GEORGETOWN UNIVERSITY ROTC
 3520 PROSPECT ST., NW, SUITE 305
 WASHINGTON, DC 20057

REPLY TO ATTENTION OF

ATOE-DDC-GU

09 January 2007

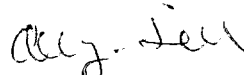
MEMORANDUM FOR Record

SUBJECT: Spring, 2007: Physical Training Rules, Regulations, and Guidelines.

1. This document outlines the duties and responsibilities of the Military Science (MS) IV Cadets participating in the ROTC Program. The document also outlines Cadre duties, responsibilities, and duty locations.
2. All PT will begin at 0630 and will end no later than (NLT) 0800.
3. There will be six different Physical Training (PT) locations on Mondays and Wednesdays. On Fridays, all Cadets from all Consortium Universities will consolidate onto Kehoe Field or inside of Yates Field House in extreme weather. All PT will begin at 0630 and will end no later than (NLT) 0800. There are two categories of PT that occur on Mondays and Wednesdays. The first category is "competition" PT; this category includes Ten Miler, Ranger Challenge, and MS III PT sessions. These PT sessions are generally a bit longer, normally running until 0800, with their training focused on their end competition. The second category is "normal" PT. "Normal" PT includes PT that occurs at Catholic, George Washington, and Georgetown Universities. These PT sessions will end at 0740 each day, facilitating early class schedules. "Competition PT" is authorized to have one additional practice per week, either on Tuesday or Thursday. This practice is completely voluntary and Cadets cannot be required to attend. This practice, however, can affect whether Cadets participate in the competition. The same guidelines apply to this PT session in regards to duration and location.
4. MS IV Cadets are required to attend all "normal" PT sessions, unless they are participating in one of the competitions. MS IV duties and responsibilities include supervising and mentoring the Cadet leading PT. MS IV Cadets **will not** relieve or embarrass the Cadet leading PT unless the Cadet is doing something unsafe or immoral. MS IV Cadets will designate one representative to lead a quick After Action Review (AAR) after each PT session to identify ways for the Cadet to improve and maintain their performance. Since MS III Cadets will not be participating, MS II Cadets will become the PT Leaders. This is a good opportunity for them to get in front of others and hone their leadership skills. Since they are generally unfamiliar with leading other Cadets, MS IV Cadets have to spend additional time to help prepare the Cadets.
5. Cadre members are required at all PT locations. If no Cadre is present at the PT session, then Cadets may work out, but must remain on location and cannot go on a run. Cadre responsibilities include monitoring the PT session, ensuring the safety of Cadets, and providing leadership in case of an emergency. The duty location for each Cadre member is outlined below:

<u>PT Location</u>	<u>Cadre Assigned</u>	<u>Location</u>
Georgetown	MSG Blakey/CPT Suitoanu/MAJ Klein	Kehoe Field
Catholic	CPT Wolford	Catholic
George Washington	MAJ Stanley	G. Washington
MS III	CPT Murray/SFC Robinson	GW/Kehoe Field
Ranger Challenge	SFC Robinson/CPT Murray	Kehoe Field
Ten Miler	CPT Suitoanu/MAJ Klein	Kehoe Field

6. POC is CPT Murray at 202-687-7048 or via email at agm24@georgetown.edu.


 ALLEN J. GILL
 LTC, IN
 Battalion Commander